

TERM 3, 23rd July - 28th September 2018

Welcome to the Cooinda Neighbourhood Centre online newsletter. Our aim is to respond to the health, welfare and individual and community needs of adults. We offer a variety of social, recreational and educational activities and programs.

Read on to find out more.

[VISIT OUR WEBSITE](#)

The Benefits of Gratitude

Enhance your wellbeing and discover the benefits of cultivating gratitude, by shifting our focus to the positive aspects of our lives. Everyone will receive a journal.

Tuesday 14 August
12.30pm - 2.30pm
COST: \$14 or \$10 (if registered with My Aged Care) lunch included

T8375 6703
Bookings essential



Make a Terrarium for Spring

Have fun making a terrarium that will enable you to be creative. Everyone will be able to take it home or gift it to a friend or family member.

Tuesday 11 September
12.30pm - 2.30pm
COST: \$14 or \$10 (if registered with My Aged Care) includes lunch

T8375 6703
Bookings essential



Spoil Yourself with High Tea

Celebrate Zest Fest, a celebration of modern ageing with a delicious high tea. Enjoy a delicious selection of prepared finger foods and teas.

Tuesday 9 October
12.30pm - 2.30pm
COST: \$14 or \$10 if registered with My Aged Care

T8375 6703
Bookings essential



The Taste of Diversity - Cultural Connections

Join us in celebrating the flavours, smells and textures of the wonderful food many cultural groups have brought to Australia.

Tuesday 21 August
11am - 2pm
COST: \$14 or \$10 (if registered with My Aged Care) lunch included

T8375 6703
Bookings essential



Savvy Seniors

Look after the cents and the dollars will take care of themselves. Over lunch discuss some useful information and tips on the discounts and concessions available to seniors.

Tuesday 7th August
12.30pm - 2.30pm
COST: \$14 or \$10 of registered with My Aged Care

T8375 6703
Bookings essential

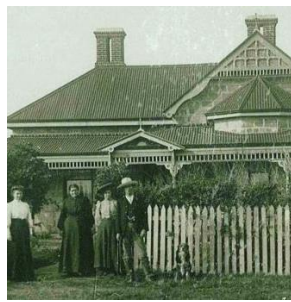


Life in Marion 100 Years Ago

Step back in time and learn about the day to day life of people living in Marion over 100 years ago when the area was a little like living in the country with farms, orchards and vineyards.

Tuesday 4th September
12.30pm - 2.30pm
COST: \$14 or \$10 of registered with My Aged Care

T8375 6703
Bookings essential

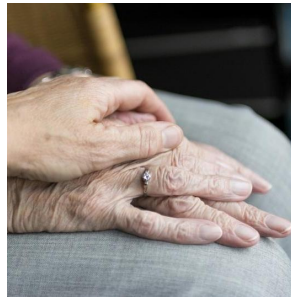


Understanding Residential Care

The complexities and costs of residential aged care can be daunting. Learn about the process for accessing residential care, the providers, services and associated costs.

Tuesday 2nd October
12.30pm - 2.30pm
COST: \$14 or \$10 of registered with My Aged Care

T8375 6703
Bookings essential



FOR A FULL LIST OF OUR
PROGRAMS & EVENTS VISIT
OUR EVENT CALENDAR
[CLICK HERE >](#)



Cooinda Neighbourhood Centre | 245 Sturt Road, Sturt | 8375 6703

[VISIT OUR WEBSITE](#)